



## Why School Breakfast?

All children deserve the chance to start their day with the fuel they need to do well in school. However, many children and adolescents in Wisconsin do not start their day with a healthy breakfast. There are several reasons why students do not eat breakfast:

- No time in the morning;
- Not hungry or do not feel like eating first thing in the morning;
- No food at home.

The School Breakfast Program was established to ensure that our nation's schoolchildren have access to a well-balanced meal every morning that class is in session. **Studies consistently have shown that children who eat breakfast benefit nutritionally and academically.**

Specifically, students who eat breakfast at school – closer to class and test-taking time – perform better on standardized tests than those who skip breakfast or eat breakfast at home.<sup>1</sup> Furthermore, providing students with breakfast in the classroom setting is associated with lower tardy rates and fewer disciplinary referrals.<sup>2</sup>

## For more information contact:

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## ENDNOTES

1. Vaisman N, Voet H, Akivis A, Vakil E. (1996) "Effects of Breakfast Timing on the Cognitive Functions of Elementary School Students." Archives of Pediatric and Adolescent Medicine, 150:1089-1092.
2. Murphy JM, Drake JE, Weineke KM. (2005) "Academics & Breakfast Connection Pilot: Final Report on New York's Classroom Breakfast Project." Nutrition Consortium of New York State. Albany, New York.



# Breakfast in the Classroom

A smart way to  
 serve up student  
 success!

[dpi.wi.gov/school-nutrition/school-breakfast-program](http://dpi.wi.gov/school-nutrition/school-breakfast-program)

## Make breakfast part of the school day!

School breakfast can be served in a variety of ways. Best practice evidence shows that an effective strategy for increasing participation in school breakfast is to make breakfast part of the school day, such as breakfast in the classroom (BIC).

With a BIC program, breakfast of easy-to-eat items is brought from the cafeteria to the classroom on mobile service carts or insulated rolling bags. Students pick up the breakfast and eat at their desk. When finished, students place their trash in a trash bin that is left outside the classroom and picked up by custodial staff.

BIC programs have been shown to increase breakfast participation rates, due in large part, to making breakfast more convenient and accessible to all. This can result in increased revenue and contribute to the overall financial stability of the school nutrition program - proving breakfast is not just good for learning, it can also be good for the bottom line.



## Frequently Asked Questions

### DOES BIC TAKE AWAY FROM INSTRUCTIONAL TIME?

Teachers report that BIC does not take away from instructional time. BIC takes about 10-15 minutes to serve, eat, and clean-up. During this time, teachers usually read announcements and take attendance.

### DOES BIC REALLY INCREASE PARTICIPATION?

BIC is associated with the highest school breakfast participation rates. When BIC is served to all students in the classroom, stigma and schedule issues are removed.

### SHOULDN'T PARENTS BE RESPONSIBLE FOR FEEDING THEIR CHILDREN?

Busy schedules can interfere with children being fed at home. In addition, many children report not feeling hungry first thing in the morning. BIC is a great option responsible parents can rely on.

### WILL BIC MAKE THE CLASSROOM DIRTY?

With a structured routine for the service and cleanup of breakfast, BIC does not dirty classrooms. Many teachers enlist student helpers to assist with cleanup after breakfast. Another reported benefit of BIC is improvement in students' table manners and social skills.

## School Success Stories

Serving breakfast in the classroom has proven successful across Wisconsin in helping children start their day with a nutritious meal.

**Black River Falls Middle/High School** was serving 10-15 kids per day with a traditional breakfast model. They switched to the BIC model and within one month starting serving over 300 kids per day! The school has seen student grades improve and discipline referrals decrease since starting a BIC program.

Students at **Taylor Prairie Elementary** in the Monona Grove School are allowed to select items off a breakfast cart that is delivered by school nutrition staff. Students love this service model and foodservice staff see less food waste.

**To learn more about the School Breakfast Program, visit:**

<http://dpi.wi.gov/school-nutrition/school-breakfast-program>

